

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 23



FRESH RX FOR MOMS
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

Importance of Antioxidants

What are they?

Free radicals are unstable molecules that can trigger cell damage in our body. Free radicals can be a byproduct of our body turning food into energy or through environmental sources like air pollution, cigarette smoke, and sunlight. The oxidative stress, created by free radicals, plays a role in the development of cancers, diabetes, cardiovascular disease, cognitive decline, and vision loss.

ANTIOXIDANTS are substances that may protect your cells against free radicals.

Antioxidants are found in fruits, vegetables, nuts, and whole grains which are known to help lower risk of several diseases. However, supplementing with high amount of antioxidants is not necessarily beneficial therefore, getting your nutrients from food sources is preferred unless recommended by your doctor.

Examples of Antioxidants:

- Vitamin C
- Vitamin E
- Selenium
- Carotenoids such as beta-carotene, lycopene, lutein, and zeaxanthin

Foods Containing Antioxidants



Vitamin C Foods:
citrus fruits, bell peppers, strawberries, cruciferous vegetables



Vitamin E Foods:
sunflower seeds, almonds, peanuts, pine nuts, salmon, avocado



Selenium Foods:
brazil nuts, tuna, fortified grains, shrimp, turkey



Carotenoid Foods: bell peppers, pumpkin, spinach, kale, tomato

Seasonal Recipe



Beans and Greens Pasta

Servings: 12 Prep time: 10 min Cook time: 20 mins

INGREDIENTS

- 1 (16 ounce) package of whole wheat pasta**
- 2 medium onions**
- 1 bell pepper**
- 1 medium carrot**
- 3 cloves of garlic**
- 2 lbs of spinach and/or kale**
- 2 (15 1/2 ounce) cans great northern or cannellini beans**
- 2 tablespoons of olive oil**
- 1 teaspoon of dried oregano**
- 1 teaspoon of red pepper flakes**
- salt and pepper to taste**

DIRECTIONS

- 1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.**
- 2. While pasta is cooking, rinse, peel, and dice onions, bell peppers, and carrot. Peel and mince garlic.**
- 3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.**
- 4. In a colander, drain and rinse beans.**
- 5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, bell pepper, onion, and greens. Cook until onions and peppers are soft.**
- 6. Add ½ cup reserved pasta water and seasonings. Cook until greens are tender.**
- 7. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.**
- 8. Add cooked pasta to beans and greens. Toss to combine. Cook until pasta is heated through, about 5 more minutes.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

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